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## **LEARNING WITH HEMI-SYNC® AT AROMANSSE AND THE RIVERTON RETREAT CENTRE**

*by Alexandre Chaligne*

*Alexandre Chaligne, a TMI Professional Member since 2001, is the director and owner of the Aromansse holistic health and meditation studio in Winnipeg, Manitoba, Canada. He has attended the GATEWAY VOYAGE®, GUIDELINES®, LIFELINE®, MC2, EXPLORATION 27®, and STARLINES. Alexandre has also volunteered in palliative care in his native France since 1997 and at the Riverview Health Centre in Winnipeg since 2002. The GOING HOME® series is the core of the programs that Alexandre provides as resources for healthy people, as well as for terminally ill people and their loved ones. In January 2006 he opened the Riverton Retreat Centre to offer what he calls “pre-palliative care.” Riverton is a sacred space in which to relax, reenergize, and address unfinished business before going into a palliative care facility.*

Bringing science and spirituality together to understand the big picture of where we are going as humans and who we really are is the main goal of Aromansse Hemi-Sync® Meditation School and Riverton Retreat Centre in Canada.

With our teachings and research we see how Robert Monroe broke new ground by creating Hemi-Sync. It is one of the perfect tools to fully explore one's true self. In the recent past, many schools tried to achieve higher states of consciousness by training the right brain. Today university researchers and private labs get better results by stimulating both brain hemispheres. The world is changing and new technologies are arising. New molecular scanners allow us to glimpse what we could not see before.

In Winnipeg, Canada, we contribute to raising human consciousness levels by delivering workshops that stimulate both hemispheres. We recognize similar tools from Eastern civilizations such as Egypt, Tibet, India, or even China, but this is a new approach. In our era and in Western civilization this approach could be called “spiritual/scientific.” Our goal is to erase the gap between science and spirituality. The two disciplines often talk about the same things, but they use different vocabularies. We think, imagine, and eventually bring our souls to higher consciousness levels. Therefore, spirituality does not mean magic, but rather an understanding of an evolution within us. This is done on a very personal level, and above all, at our own pace.

To provide more freedom and more discipline to people who want to discover themselves and to become whole within, we created a Hemi-Sync school where people can explore the GATEWAY EXPERIENCE, METAMUSIC®, HUMAN PLUS®, MIND FOOD®, and the new

*HEART-SYNC*® exercises, *Communication with Animals* and *Bridge to Paradise*. Some participants became part of a group that met two hours a week for eight years.

To make their experience more profound, participants have access to our Hemi-Sync retreat in the country about one hour from Winnipeg. There we are delivering weekend and six-day workshops such as “Becoming a Lifelong Explorer” (inspired by *Becoming a Lifelong Learner*), “Network of Light,” based on the *Network of Light* album, “Opening the Heart,” “Chakra” (with a Focus 12 member tape), “AT15,” autoteleportation in Focus 15 (with the *TIMELINE* member CD), “Sacred Mandala” (with *Light Source*), “Astral Traveling” (with *Hemi-Sync Support for Journeys Out of the Body*), the “Dying and Living Program” (with *GOING HOME*), and “Tantra” (with *HUMAN PLUS: Sex Drive*).

In January 2007 we opened a mind laboratory and are using an array of different neural stimulation technologies. These include Hemi-Sync—based on over forty years of research; the SO SoundChair—developed over twenty-two years; and a behavioral neuroscience program derived from the Laurentian University’s twenty years of research. All sessions are experienced lying in a SO SoundChair just like the one in the Bob Monroe Lab at TMI. This comfortable lounge-style chair holds the body in a “zero gravity” position. Sound is conducted through the chair and affects the whole body.

During SO SoundChair sessions, most people choose to listen to *METAMUSIC Higher XS*, the *SO Chord*. They can also choose from all of the available Hemi-Sync titles. Other possible choices are *METAMUSIC Healing Rhythms*, *METAMUSIC Gaiaometry*, coils neural stimulation, and aromatherapy. Students report an easier and deeper shift of consciousness when they combine the chair with Hemi-Sync. As students become more and more confident, they may experiment with channeling research, similar to the sessions recorded on TMI’s early Explorer tapes.

Aromansse strives to bring people tools that help them control their lives rather than being controlled by old beliefs. Through our Hemi-Sync programs, we attempt to create experiences in which everyone realizes that they are more than their physical bodies.

In addition to our big prealliative project described in the *Hemi-Sync Journal*, vol. 24, nos. 3 & 4 (Summer/Fall 2006), [see Topics/Psychiatry-Psychology/Death-Dying] a few months ago we opened our school and retreat center to kids. The children’s meditation classes are structured similarly to the adult classes, although they are adapted to fit the individual child’s level of understanding.

A children’s meditation camp is held each July. For the past few years it has been a five-day camp involving many fun activities besides meditation. In 2007 for the first time it will be offered as an overnight camp at the Riverton Retreat Centre in Riverton, Manitoba. This four-day, three-night camp is packed full of fun activities, crafts, nature walks, and meditations. The

children also learn and remember their power of touch through reflexology and Reiki. Other activities include sharing circles, exploring the energy body, music, and dance.

Enthusiastic students have taken the time to share their feelings about the benefits they have gained from Aromansse and Riverton. Mary E., a mother of three, feels that her participation in meditation and the programs has given her “ways to reduce stress and increase [her] enjoyment of life.” Mary says: “Weekly meditations and relaxation exercises have become part of my daily life. Weekly meditation has also taught me about my personal power in any given situation and a whole new way of looking at the world, both astral and physical.” She finds herself “facing thoughts about death and sickness and spirituality” that she previously avoided. All three of her children began meditating in hope that it would help one of them, Joe, manage attention deficit hyperactivity disorder (ADHD). Mary has found that over two years “their weekly meditation has become so much more. As a group they have talked about and learned to cope with death, bullying, anger, sadness, loss, and disapproval. All three frequently use their meditative skills like Focus 10, Reiki, mandalas, and patterning in their daily lives.”

Gail H., who has participated in most of the weekend and weeklong programs, as well as exploring crystals, aromatherapy, Reiki, reflexology, and massage, reserves her highest praise for the “Dying and Living Program.” It has helped her to gain ever more proof that she is “more than [her] physical body” and “opened up new realms of possibility.” She commented, “There were many times throughout the six-day-long program when I wanted to quit, for the difficulty of the emotions was so great, but the end results were worth every penny spent and every tear shed.” Gail finds “the various types of Hemi-Sync tapes to be great aids for meditation.” She told me, “The combination of tapes, regular meditation, supplemental workshops/retreats through Aromansse, and the books of Robert Monroe have furthered my understanding and inspired me to continue to learn.”

In 1999 I started with one group of eight people. Today we have ten levels per week with ten to fifteen people in each group. One hundred people a week are coming to meditate with Hemi-Sync. I would be pleased to help anybody in the world who would like to become part of the TMI Professional Division and who is interested in opening a similar school or retreat center to promote the amazing resources that The Monroe Institute® provides to us.

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